

HEALTH AND HOME HINTS.

The following specially selected Southern recipes will be found useful and reliable:

Hoppin' John.—Called "Fevre Confrins" by Creoles of Louisiana. One quart of cow peas cooked until almost done, add one cup of washed South Carolina whole grain rice and two cups of water. When done season with salt, milk, butter, a teaspoonful of sugar and a pinch of red pepper or powder.

Gemsium Apple Jelly.—While making apple jelly bruise the leaves of several geraniums and let them cook with the jelly, strain them out when pouring into the glasses; they give a rarely delightful flavor.

Missionary Salad.—One large cabbage, chopped fine, one egg, one tablespoon each of butter, flour and sugar; and teaspoonful each of salt, mustard and black pepper; one-half teaspoon vinegar; rub together the butter (or oil) and flour and pour together with all the other ingredients into a stew pan and cook until it thickens, stir in the cabbage and toss it about quickly till it wilts; serve ice cold.

"Embalmy-u" (a Creole Dish).—Fry brown one onion and a small slice of ham and one small chicken, cut to pieces; it can be made equally well with either of the four following meats, viz: three large slices of ham, or one quart of shrimps, or one dozen pork sausage links; add one large-sized tomato, or one can of canned tomatoes will answer; throw in two cups of rice and cover with water. Salt to taste and put in a mixture of a teaspoonful curry powder and one heaped and pinch of thyme; cook till rice is done.

Perfect Biscuit.—The secret of good biscuits is easily making—testing the ingredients together, not working the dough. One quart of flour, a large heaping tablespoonful of lard, a salt spoon of level teaspoonful of salt, three rounded teaspoonful of best baking powder. To make the baking powder mix thoroughly, one round of carefully washed cream of Tartar and one-half round of bicarbonate of soda. Mix the dry things first, the salt flour and baking powder, then toss in the lard and add water enough to make a soft dough. Have plenty of flour on bread-board. Turn the dough out, roll out the dough thin and cut the biscuits with a small cutter and brush top with milk.

THE TOILET OF BIRDS.

Birds are very particular in the making of their toilets. Some use water only, others dust and water and others dust alone.

Wild ducks feeding by salt water will only bathe in fresh water and fly inland twenty or thirty miles in order to get a fresh water bath.

Sparrows take two kinds of baths, water and dust. They are not particular about the former, but for the latter only the cleanest and driest dust will serve.

The partridge takes a loam bath. Scratching off the turf, he loosens a square foot of rich, chocolate-colored loam and bathes herein his sleek plumage.

All birds love a bath of ashes. He who walks through a field that has recently been burned off will note, every little while, a disturbance in the charred ashheaps and up, shaking off a fine cloud of ash dust, many birds will rise. They who maintain aviaries can not succeed unless they pay strict attention to their birds' likes and dislikes in the matter of baths.

An ostrich egg weighs about three and a half pounds, or the equivalent of thirty fowls' eggs. The flavor of the eggs is less delicate than that of the eggs of domestic poultry, but they are perfectly eatable. A singular fact is that the eggs will keep fresh and eatable for two or three months. The flesh of the ostrich is said to be palatable, and in flavor not unlike young beef.

SPARKLES.

George—Rather than remain single, would you marry the biggest fool on earth is he asked you? Clara—Oh, George this is so sudden.

"You should be very proud of having won the love of such a man?"

"Then you advise me to marry him?"

"By all means. He is one of nature's noblemen."

"No doubt. But consider—this nature fad will inevitably pass."

The minister was shocked when the young lady declined an introduction to some of his parishioners.

"Why, my dear young lady, did you ever think that perhaps you will have to mingle with these people when you get to heaven?"

"Well," she exclaimed, "that will be soon enough."

"Our John goin' to be a preacher, I guess," said Farmer Kornop, "judging from what his college professor said about him."

"What was that?" asked his wife.

"He sez he's inclined to be bibulous."

"What I regard as most conspicuous about Georgie Gavop," said Mrs. Oldcastle, "is her naivete!" "Yes," replied her hostess, "I wonder what made her get a red one?"

An Irishman was painting his barn, and was hurrying his work with all his strength and speed.

"What are you in such a hurry for, Murphy?" asked the proprietor.

"Sure, I want to get through before me paint runs out," was the reply.

The church was packed, even the aisles lined with chairs. Just before the benediction the thoughtful clergyman, who loved order as he did the gospel, thus admonished his hearers:

"In passing out, please remain seated until the ushers have removed the chairs from the aisles."

An American woman who visited the Tower of London recently quite upset the equanimity of the Beefeaters by a question she put to him.

"If," said she, "it is a proper subject of inquiry, I'd like to ask what those letters 'E. R.' embroidered on your tunic, stand for?"

"Madame!" gasped the astonished Beefeater, "didn't you ever fear of King Edward the Seventh?"

Arabians say that it takes forty days to purify the mouth that has been puckered in a whistle. In Tonga and Iceland whistling is considered to be disrespectful to the Supreme Being. In North Germany the peasants claim that to whistle in the evening will make the angels weep.

Terra cotta sleepers are used on Japanese railways. The increased cost is made up for by the greater resistance of decay.

EACH MEAL IN AGONY.

Dr. Williams' Pink Pills Cure Obsolete Indigestion After Other Medicines Fail.

When I was first troubled with indigestion I did not bother with it, I thought it would pass away naturally. But instead of doing so it developed into a painful chronic affection, which in spite of all I did grew worse and worse until I had abandoned all hopes of ever getting relief. These words of Mrs. Chas. McKay, of Norwood, N. S., should serve as a warning to all who suffer distress after meals, with palpitation, drowsiness and loss of appetite—early warning of more serious trouble to follow.

"I used to rise in the morning," said Mrs. McKay, "feeling no better for a night's rest. I rapidly lost flesh and after even the most frugal meal I always suffered severe pains in my stomach. I cut my meals down to a few mouthfuls, but even then every morsel of food caused agony. My digestion was so weak some days I could scarcely drag myself about the house, and I was never free from sharp piercing pains in the back and chest. I grew so bad that I had to limit my diet to milk and soda water, and even this caused severe suffering. In vain I sought relief—all medicines I took seemed useless. But in the darkest hour of my suffering help came. While reading a newspaper I came across a cure that was quite similar to my own case, wrought by the use of Dr. Williams' Pink Pills. I thought if another person had been cured by these pills of such suffering as I was experiencing, surely there was hope for me, and I at once sent to the druggist for a supply of these pills. The first indication that the pills were helping me was the disappearance of the feeling of oppression. Then I began to take solid food with but little feeling of distress. I still continued taking the pills with an improvement every day, until I could digest all kinds of food without the least trouble or distress. I am in splendid health today and all the credit is due to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills go right to the root of indigestion and other troubles by making rich, red blood which tones and strengthens every organ of the body. That is why they cure anemia, with all its headaches and backaches and side-aches, rheumatism and neuralgia and the special ailments of growing girls and women of all ages. Sold by all medicine dealers or by mail for 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

The nervous man makes up in lamentation what he lacks in contribution.

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